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## UNDERWOOD, OVER THE MOON

SIX-TIME GRAMMY WINNER CARRIE UNDERWOOD TO STAR IN LIVE TV VERSION OF THE SOUND OF MUSIC **PAGE 21**

## Word of advice for flood victims

Owners of unoccupied, flood-affected properties should keep their homes or businesses heated as it gets colder, city warns **PAGE 6**

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## DO YOU KNOW THIS MAN?

Edmonton claims to have their own Nenshi, after the youthful Don Iveson, pictured at an event Wednesday, was elected mayor of Alberta's capital on Monday. Find out whether Calgarians know who he is, or whether Edmontonians know our top guy, by watching the video at [metronews.ca](http://metronews.ca). LUCY HAINES/FOR METRO

# Decision day for SW ring road

**Tsuu T'ina vote.** Critics say homes threatened by project

**JEREMY NOLAIS**  
[jeremy.nolais@metronews.ca](mailto:jeremy.nolais@metronews.ca)

Longstanding negotiations over constructing the final leg of Calgary's ring road will come to a head Thursday with hundreds of Tsuu T'ina Nation members casting a ballot for or against a tentative deal.

It will be the second time in four years the Alberta government has sought approval to run the massive thoroughfare through nation lands after 60 per cent of voting band members rejected a 2009 proposal.

But some, including Tricia Crowchild, who lives in Calgary but maintains nation voting power, said they will again oppose the project, even though a legal agreement provided to her suggests she would receive at least \$70,000

in compensation for herself and each of her three children, who are also members.

She said the real victims of Thursday's vote could be residents whose homes appear to be directly in its path.

"I don't think that anybody whose homes are directly on that land have been negotiated with," she said. "I live in the city, how should I have the right to say 'Hey, you guys along this road need to go.'"

Cory Cardinal has reviewed plans for the road and believes his mother's home would be bulldozed and several burial grounds would be destroyed by the project.

He said he's briefly reviewed the tentative agreement but described it as confusing and full of lawyer lingo.

"This is a one-off deal, but that road's going to be there forever," said Cardinal, who is not eligible to vote. "It doesn't affect a lot of people, (but) it affects a few families very harshly and I'm related to most of those."

The province and the Na-

tion's council have remained tight-lipped about the deal, offering only that it is similar to 2009's proposal. Alberta Transportation Minister Ric McIver did say Wednesday evening, however, he's "hopeful" four decades of negotiations to run the project through Tsuu T'ina would come to an end.

"We're hoping that they say yes tomorrow," he said.

Metro did venture onto Tsuu T'ina lands Wednesday to speak with other prospective voters, but was promptly asked to leave by a media-relations member and then the Nation's chief of police.

"I don't care what you don't understand, we're not talking to anybody about anything until Friday," spokesperson Peter Manywounds said.

The 2009 deal would have seen the band sell 400 hectares of reserve land for \$275 million and the possibility of 2,000 hectares on the reserve's west side with a minimum of \$240 million held in trust.

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## Hockey. Peewee player told 'Sit down, Chinese boy'

It wasn't the on-ice slur directed at his son that irked hockey dad Alex Canasa last season.

Canasa, of Filipino descent, said his son was told: "Sit down, Chinese boy" by an opposing peewee-level player.

Oddly, the derogatory remark apparently came from a player of the same race. Still, Canasa mostly took aim at the parent's response after the game.

"I was more upset with the dad's reaction as they were walking out of the rink and saying, 'You say whatever you want, you stand up for yourself,'" he said Wednesday.

Hockey Calgary is looking to crack down on such discriminatory taunting, which it classifies as a "disturbing" upward trend in the game. Derogatory language was the No. 1 cause of indefinite suspensions last season, according to the local governing body.

Officials sounded the alarm this month and one told Metro more suspensions would be doled out to offenders this season — up to 12 games.

Canasa said he would've yanked his son out of the game for the season. "Hockey is a game," he said. "It's not a war."

Linda McKay-Panos of the Civil Liberties Research Centre classified such behaviour as a "bullying tactic," and alluded to the cases of Rehtaeh Parsons and Amanda Todd.

"The awareness happening in society ... is probably drawing attention to it happening in hockey," McKay-Panos said. "We need to address it."

BRYAN WEISMILLER/METRO



Ward Sutherland speaks to reporters after being declared the winner of the Ward 1 councillor race after a recount on Wednesday. ROBSON FLETCHER/METRO

# A Ward win for Ward 1: Recount

**Final results.** Chris Harper concedes and says he won't seek a judicial recount



ROBSON FLETCHER  
robson.fletcher@metronews.ca

Ward Sutherland was confirmed Wednesday as the city councillor for Ward 1 after a recount that increased his narrow margin of victory from 85 votes to 86 votes over second-place finisher Chris Harper.

"I will work extremely hard for all the residents of

Ward 1," Sutherland said Wednesday evening after more than 22,000 ballots were recounted throughout the day.

"I want to make that clear," he added. "There is no division at all."

Harper congratulated Sutherland and said he had "absolutely no regrets" about his second failed run at the Ward 1 seat, although he does not plan to take another crack at city council.

"We clearly engaged a large amount of people and, although the campaign wasn't successful, that is not a loss — that is a wonderful thing for the city," Harper said. "For me, it was about

### Ward 1 Recount results:

- Ward Sutherland: 8,721
- Chris Harper: 8,635
- Judi Vandenbrink: 3,891
- John Hilton-O'Brien: 726
- Dan Larabie: 378

making a positive change, and there's no reason I have to be elected to make a good change in our community."

Sutherland, who missed Wednesday's orientation for newly elected councillors, said he planned to get some

rest that evening and then begin getting up to speed on his new job.

"I'm not a politician, I've said. Well, officially I am now," he said. "Right now I'm looking to the learning curve."

Sutherland said he'll likely look for advice from time to time from retired alderman Dale Hodges, who represented Ward 1 for 30 years and endorsed Sutherland in this campaign.

Harper, meanwhile, kept the door open to a future political career.

"I wouldn't write it off," he said, when asked if he was considering a federal or provincial run.

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# Cuts came 'across the system,' Calgary education chief claims

## Public schools.

More money will equal smaller class sizes: Supt.



**JEREMY  
NOLAIS**

jeremy.nola@metronews.ca

Calgary's top public school official conceded Wednesday she was surprised by the depth of cuts to high schools during spring budget planning, but said the entire system is being put under strain by what she claims is unpredictable and inadequate provincial funding.

Calgary Board of Education Chief Supt. Naomi Johnson sat down with Metro to discuss the inner-workings of budget decisions that critics say have led to some core-subject classes at the high-school level with more than 40 students in them.

On Sunday, Metro published April emails in which Johnson appeared to express shock at what was then described as an 11 per cent cut to high schools.

But the chief maintained

Wednesday that was only a preliminary figure and the actual cut to schools is 4.5 per cent unless student population declined.

Even still, Johnson did little to shy away from the struggles facing the system, responsible for nearly 111,000 kids. She said more funding was diverted to the kindergarten to Grade 3 level, where the organization was struggling the most to meet class-size targets set by the province.

Still, Johnson said, cuts came "across the system," adding efforts to divert funding "as much as we possibly can into classrooms," may not be enough to improve current conditions.

"Until we are resourced appropriately, I think it can't be fixed," Johnson said. "If people value their public-education system in this community — and I know they do — we need to advocate to bring some sustainable, predictable and enough funding as the premier promised."

But Jeff Bowes, with the

## Bloated classes

In an enrolment report, the CBE said it actually saw its smallest student-population increase at the high-school level — 1.4 per cent. Kindergarten numbers, meanwhile, shot up 8.3 per cent and grades one to three counts went up 6.2 per cent.

Calgary Association of Parents and School Councils, said he believes the board could still release more information on current class sizes.

"It would be nice to know how many core classes actually have more than 40 students," he said.

The board has also been quick to point out that the province is dictating moves to make high school more flexible — objectives include allowing kids to take more or less time to complete course work and allowing for them to move between schools better suited to their areas of interest.



Naomi Johnson, Calgary Board of Education chief superintendent, said initial conversations about class size in April only concerned a strategy to overcome funding gaps and not actual percentage decreases to schools. METRO FILE



Flood damage to the Bill Milne Trail in Kananaskis Country. CONTRIBUTED

## Kananaskis to see most of \$81M relief

Alberta will spend \$81 million over the next four years to repair flood damage in provincial parks, with the bulk of the funds being earmarked for Kananaskis Country, the provincial government announced Wednesday.

"We will restore the campgrounds, trails and day-use areas," Parks and Recreation Minister Richard Starke said.

Kananaskis will see roughly \$60 million in spending to rebuild more than 160 kilometres of recreation trails and 65 trail bridges, in addition to the restoration of 51 day-use areas, 41 campgrounds, and the Peter Lougheed Visitor Info Centre, all damaged by June's flooding.

Another \$16 million is to go toward Fish Creek Provincial Park to fix pathways, five day-

use areas and to remove several large debris piles.

Nic DeGama-Blanchet, executive director of the Friends of Fish Creek Society, welcomed the announcement after witnessing first-hand what the power of the floodwaters did to park infrastructure.

"We're now going to be in a position to show what the province can do to restore it all," he

said.

Starke described the spending as "an investment in our quality of life, in conserving our natural history and in our tourism industry."

The remaining \$5 million will go toward repairs in other areas, including Wyndham-Carseland Provincial Park and Oldman Dam Provincial Recreation Area. ROBSON FLETCHER/METRO



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## Study. Carcinogens found downwind of petrochemical plants

A newly published study says air downwind from a cluster of petrochemical plants northeast of Edmonton contains pollutants at levels equal to some of the world's largest cities.

Other pollutants, including some known to cause cancer, also measured well above normal. And cancer rates linked to those chemicals were found to be higher in communities closest to the so-called Industrial Heartland.

Although scientists don't definitively link the two, one of the report's co-authors said the findings raise concern about the possible long-term effects of exposure to petrochemical emissions.

"We're suggesting a prudent approach — reduce

the carcinogens now as a preventative measure," said Isobel Simpson, a chemist at the University of California Irvine and co-author of the report published online by the Proceedings of the National Academy of Sciences.

An Alberta government spokeswoman said the report doesn't necessarily reflect real human exposure to the pollutants.

The area, 30 kilometres northeast of Edmonton and adjacent to the town of Fort Saskatchewan, now holds Canada's largest concentration of petrochemical processors. More than 40 companies, including majors such as Shell and Imperial Oil, are spread out over nearly 600 square kilometres.

THE CANADIAN PRESS

## Decision. Dog owner fined \$3,200 after fatal attack on neighbour's pet

A dog owner has been dealt hefty fines following an attack that left another dog dead.

In January, one dog escaped its yard and entered a neighbour's yard in Mayland Heights, where it attacked another dog. The dog that was attacked later died as a result of its injuries.

A provincial court judge ordered the owner to pay a \$1,500 fine and \$1,700 in restitution, the city reported Wednesday.

"We are pleased to see that victim restitution in these matters is being considered," said Alvin Murray of animal

and bylaw services in a release. "It is traumatizing for owners to lose a treasured pet in this manner."

Bylaw reported the canine attacker had a history of aggressive behaviour and had previously injured other dogs and threatened people. It had received a vicious-dog designation in 2011 and was euthanized in February 2013.

BRYAN WEISMILLER/METRO

More online

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Flood-affected homes and businesses should be heated all winter, city officials say. METRO FILE

# Keep flood-hit properties heated, owners warned

## Unoccupied sites.

Officials concerned about effects of freezing water on pipes and foundations



ROBSON FLETCHER  
robson.fletcher@metronews.ca

Owners of unoccupied, flood-affected properties should be sure to keep their homes or businesses heated during the fall and winter to avoid further damage, city officials

## By the numbers

# 25

The approximate number of homes that have been demolished due to flood damage. Demolition is being considered for another 60 homes.

warned Wednesday.

"It's very important that if you can heat your home, you do heat your home," said Ryan Kidd of the city's water-services department.

Below-zero temperatures can lead to frozen and broken pipes, Kidd added, which can

cause extensive damage to a property.

If a home cannot be heated during the winter, Kidd said the pipes should be drained and water service should also be shut off at the property line.

"We can certainly help people out with any particular questions they have," he said. "If they phone 311, we can walk them through the process."

The city will waive water-service reconnection fees for flood-affected properties, Kidd said.

Chief building inspector Marco Civitarese said an un-

heated building can also suffer structural damage due to water freezing in concrete foundations.

"Lensing, cracking, fracturing and other structural issues can arise," he said.

Civitarese said there are about 80 to 100 properties that suffered flood damage in late June and are now of concern to city officials as temperatures drop.

The best way to heat an unoccupied building is with a functional furnace system, he added.

"Obtaining permits is necessary for the replacement of furnaces," Civitarese noted.

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Newly elected Ward 8 Coun. Evan Woolley says he won't hold a grudge over Mayor Naheed Nenshi's campaign endorsement of his incumbent rival John Mar. BRYAN WEISMILLER/METRO

## New councillors aim to leave bickering behind

### Moving forward.

Fresh faces vow to turn the page, 'leave all the personal stuff ... outside the chamber'



**ROBSON FLETCHER**  
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Newly elected city councillors vowed Wednesday to put any campaign nastiness behind them and work with their colleagues as much as possible.

"As long as we bring common sense to city council and we have a common goal — that is, to try to make Calgary a better place — I think things will work out fine," Coun. Sean

### Quoted

**"This is not about politics, this is about good governance."**

Newly elected Ward 8 Coun. Evan Woolley

Chu said before going into his first day of orientation at city hall.

Like all incumbents, Chu's rival in Ward 4, Gael MacLeod, was endorsed by Mayor Naheed Nenshi during the campaign, but Chu said he plans to go into council "with an open mind" and "leave all the personal stuff behind, outside the chamber."

Ward 2 Coun. Joe Magliocca said he already knows several members of council and ex-

pects to work well with them. "I've got a good relationship with Shane Keating and Andre Chabot and Ray Jones and Peter Demong," Magliocca said.

Ward 8 Coun. Evan Woolley, who defeated incumbent John Mar, said he viewed the mayor's endorsement of incumbents as an aggregate offering, as opposed to Nenshi backing each individual member.

Woolley said he, too, was keen to leave politicking on the bygone campaign trail, adding he was voted in to help the 20 neighbourhoods in his inner-city ward.

Ward 1 will also see a new face on council as Ward Sutherland was declared winner after a recount Wednesday.

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# U of C report: Student services cost \$20M a year

**Criticism.** Students' Union maintains fees charged aren't fair, but school says it will be nearly \$6.7M short

Officials with the University of Calgary provided a list of the services it partially covers by charging students a fee annually, but some attending classes on campus remain unsatisfied.

The fee report, put before the university's board of governors Friday, outlines areas like enrolment services, the university wellness centre and assistance with students studying abroad as being partially covered by the fee, which topped out at \$450 this fall.



Conner Brown with the University of Calgary Students' Union.  
METRO FILE

The university said in its report services offered will cost nearly \$20 million, adding, even with the fee, it will be

nearly \$6.7 million short.

But Conner Brown, vice-president external with the U of C Students' Union, questioned how certain things included in the report could be considered as additional services when the university wouldn't function without them.

"Students had no say in the process from the beginning," Brown said. "This fee was imposed ... they worked backwards to fill this basket to meet the quota of \$450."

ROBSON FLETCHER/METRO

Online

To see the report, head to [metronews.ca](http://metronews.ca)



SAIT

Local school rated tops in Canada

SAIT has been named Canada's top research college.

The Calgary polytechnic announced the recognition from RESEARCH Infosource Inc. on Thursday.

"This is a significant recognition for SAIT Polytechnic and an important milestone for applied research in Canada," says SAIT president David Ross.

METRO

## Not guilty plea. Bail set at \$100K for sex offender who fled Canada to Seattle

A violent sex offender who fled Canada pleaded not guilty Wednesday to a harassment charge in Seattle as police explored the possibility of additional charges related to a sexual assault.

Michael Sean Stanley appeared by video from the local detention centre. Seattle Municipal Court Judge Karen Donohue set his bail at \$100,000.

Nic Gross, the public defender appearing for Stanley, sought

his release and suggested that Stanley could be required to check in daily.

The harassment case came from an incident Tuesday in which police say Stanley threatened someone who asked him to be quiet. Authorities are still working to rebook Stanley on more serious charges, saying he is being investigated for assaulting a 16-year-old boy.

THE ASSOCIATED PRESS

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# Pamela Wallin shares her side of the expense-scandal story

## Stating her case.

Former Conservatives Mike Duffy and Patrick Brazeau also facing possibility of being kicked out of Senate

Pamela Wallin says a government move to expel her from the Senate is an affront to Canadian democracy, motivated by politics and personal vendettas against her by confidantes of Prime Minister Stephen Harper.

The embattled senator — who has reimbursed almost \$150,000 in travel-expense claims that the Senate has ruled invalid — told the chamber Wednesday that she was targeted unfairly by fellow Conservatives Marjory LeBreton and Carolyn Stewart Olsen.

LeBreton was government leader in the Senate until she stepped down this summer. Stewart Olsen is a former aide to Harper who, until this week, was a key member of the Senate committee that sat in judgment on Wallin and three other senators, ordering external audits of their expenses and ultimately asking the RCMP to investigate all four.



Sen. Pamela Wallin arrives at the Senate on Parliament Hill on Wednesday.  
ADRIAN WYLD/THE CANADIAN PRESS

Wallin said public opinion was whipped up against her by 14 different leaks to the media — leaks she believes “were orchestrated in large measure by senators LeBreton and Stewart Olsen” and which were designed to cast her conduct “in the worst possible light.”

The pair “could not abide the fact that I was outspoken in caucus or critical of their leadership or that my level of activity brought me into the public eye and once garnered the praise of the prime minister,” Wallin said, her voice occasionally wavering.

“They resented that. They resented me being an activist senator.”

LeBreton rose immediately following Wallin’s speech to call her accusation “false, false, false.”

LeBreton denied ever leaking information about Wallin to the media or instigating the investigation into her expenses. Indeed, LeBreton said it was a letter of complaint to Senate administration from one of Wallin’s own staffers that prompted a review of her travel claims.

THE CANADIAN PRESS



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**Join us for a cage-free BUY-cott at Calgary Co-op this Saturday.**

The Calgary Co-op is considering a member resolution to only sell cage-free eggs and crate-free pork. We're encouraging Calgarians to buy cage-free eggs and show they support the resolution and humane farming.

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Hey celeb, what was volunteering like?



**"I can't even describe the joy I saw in children's eyes in Kenya, knowing they could go to school."**

Shawn Desman, R&B singer



**"It was very metaphorical. We built the foundation for that community and the kids."**

Munro Chambers, actor on Degrassi



**"The kids I met in Ghana were so excited about life. I know that they're going to conquer the world, and they're going to make it a better place."**

Aislinn Paul, actress on Degrassi

Music lessons



CONTRIBUTED

Canada's classical vocal quartet The Tenors taught four-part harmony in rural Kenya recently, coaching high-achieving girls at Free the Children's Kisaruni Girls High School how to belt out a tune. And not just any tune, but the Leonard Cohen classic Hallelujah.

- Remigio Pereira, Victor Micallef, Fraser Walters and Clifton Murray divided the 80 eager girls into four groups and each Tenor taught his part of the song to his group. They then came together to sing as one powerful voice.
- Murray spoke of how inspiring it was to "share the international language of music with girls who have faced their share of hardship." But through education, and a song in their hearts, he said, they are tomorrow's leaders.

Watch the video of the girls singing Hallelujah at metronews.ca.



# WE DAY

Time to get schooled: Free the Children's We Day, an annual event to launch a yearlong series of youth actions, looks at the power of education

## ALBERTA 2013



Spencer West, front, climbs Mount Kilimanjaro with his best friends, David Johnson and Alex Meers.

CONTRIBUTED

Summit day

**David and Alex were in rough shape, having lost the contents of their stomachs to altitude sickness. Physically, I felt fine. I guess being 2'7" finally paid off.**

Spencer West, on the lessons he learned climbing Kilimanjaro without legs.

stop. My best friends, David and Alex, would have to carry me in an apparatus that had been custom-built for the occasion of my defeat. The mountain had won.

Then came summit day. David and Alex were in rough shape, having lost the contents of their stomachs to altitude sickness. Physically, I felt fine. I guess being 2'7" finally paid off.

Mentally, I was struggling with something I'll never forget. For the first time in my life

I wished I had legs, not for my sake, but because I wanted to be able to carry my friends like they had carried me.

Evidently, my fairy godmother had the day off. Instead, I did the only thing I could do. I spoke from the heart, expressing words of encouragement the entire way to the top to keep their spirits up and their minds distracted from the gruelling monotony of putting one foot in front of the other.

I became the best damn cheerleader that mountain had ever seen. And I carried them, emotionally speaking.

The lesson? Always exercise in oxygen-rich environments.

No, really, it's this: I didn't fail for being carried; I succeeded when I asked for help, and then I returned the favour.

Nobody achieves anything exceptional on their own. I learned the importance of having others who believe in you.

For 57 million children around the world who are denied access to education, the ability to read, write and receive formal job training are lost.

But those children might also be denied moments of sudden, unexpected inspiration that come from the encouragement of their peers, life lessons they would have learned

from exposure to alternative perspectives, and mentorship opportunities from teachers. An entire ecosystem of support is also lost.

For me, part of being educated means having the confidence to believe in yourself and the humility to ask for help. It's the ability to recognize teachable moments and extract moral lessons.

Education is the implicit knowledge that somebody believes in you, will celebrate your successes and shoulder your mistakes. Education is mentorship; it's the confidence that teachers instill in students so that when students graduate, they no longer need their teachers. Education is sustainability. We are in danger of losing this social capital, and 57 million life lessons.

SPENCER WEST/FOR METRO

Hey kid, what's the most important thing you've ever learned in school?



Zipora Logan, junior kindergarten

**"I think it's art. We make dinosaurs out of clay."**



Crystarbell Okunseyien, Grade 3

**"Respect. Because all the children will be respecting you too."**



Kemson Edward, senior kindergarten

**"Well, I learned everything.... Gym.... Basketball!"**



Beatrice Cameron, Grade 5

**"I really like learning math and I think it's really useful. I think I can apply it to a lot of things."**



Mary Pasqualino, junior kindergarten

**"I did lessons on the calendar. (It's important because) you have to listen."**



Learning comes in many forms, whether it's the formal education of schooling or the lessons gleaned from volunteer work. Here are a few stories of how Free the Children is impacting people's educations

## Single mom at 12, Rahab Sopiato leaves her charcoal-making days behind for a new career

Rahab Sopiato, 40, gave birth to the first of three children when she was just 12. She bursts out laughing when asked what happened to the father, but makes it clear that he didn't stick around, so she scratched out a living making charcoal.

It was gruelling, hopeless work in the Maasai community of Kajiado, located a three-day walk south of Nairobi in Kenya's Rift Valley.

To make charcoal, Sopiato scavenged branches and chopped them into pieces. Then she covered the pile in leaves and set it alight, before burying it in dirt. The heap smouldered. In three days' time, she had charcoal briquettes, enough to fill one sack.

The market was three hours away, so she borrowed a neighbour's donkey to get there. If she was lucky, she sold the sack for 100 Kenyan shillings, enough to buy corn flour to make a thin porridge for her children. If she wasn't, she returned home with the sack but no food for dinner.

She repeated the process of making charcoal and trudging to the market for three decades. She says she was very thin and sickly; so were her children. She couldn't afford to send her eldest daughter to high school, which in Kenya can cost the equivalent of \$350 Canadian a year.

A high school education in Kenya is thought to be the golden ticket to a better life. She hated that she couldn't provide that.

### One way to make a living

**Sopiato scavenged branches and chopped them into pieces. Then she covered the pile in leaves and set it alight, before burying it in dirt.**

Then two years ago, Sopiato heard about Me to We Artisans, which paid Mamas like her a fair wage for their beaded handiwork that was designed for a Western market and sold around the world. Me to We Artisans donates half of its profits to Free The Children, and uses the other half to grow the business.

Sopiato makes bracelets, necklaces and earrings. This fall, she focuses on "ABC Education Rafiki Friend Chains." Each one sold buys school supplies for One Child for One Year. Fingers flying, she makes about 40 a day.

With the money she has so far earned, she was able to finally send her eldest daughter to secondary school.

At 29, she just graduated. Sopiato happily talks about what she did with her first few paycheques from Me to We Artisans.

She bought two cows so her family had milk. Then she set up a small shop that sells sugar, soda, flour, rice,

potatoes and sweets.

While she waits for customers, she beads.

And at night, Rahab sits on the comfortable cushioned seats she bought, in her newly painted house, and watches her small TV. After many years of unrelenting hard work, she relaxes. She pats her ample stomach and thick thighs and says the extra pounds she has gained are another tangible sign of her good fortune.

She hopes to never make another charcoal briquette in her life. She also hopes that her children, well educated and well on their way, will support her as she grows old.

SHELLEY PAGE/FREE THE CHILDREN/FOR METRO



COURTESY SCOTT RAMSAY

## Education helps you manifest your destiny, Maasai man teaches suburban teen

It was the summer of 2011, and I was 16 years old when my outlook on life took a turn.

I found myself in Kenya for three weeks with Free the Children, and our mission was simple: Help build a school for the children who lived in the rural region of the Maasai Mara.

Our Maasai guide, whose English name was Steven, caught me alone with my thoughts as the sun set. What began as an earnest conversation about our respective lives turned into an image I've carried with me ever since.

Steven told me that life is a lottery; a game of chance. The situation a person is born into is a matter of luck, and destiny has nothing to do with it.

Steven talked about the control we must exert over our lives and that destiny plays no part in the outcome. His dream was to get an education, so he could become more than a cattle herder — the traditional role of a Maasai man. The point: Whether it is rural Kenya or the suburbs of Toronto, an education opens us up to a larger world than the one we were born into.

And that gives us the power to choose the life we want to lead. My conversation with Steven left me with many thoughts, but one prevailing theme: Although where we find ourselves at birth may be a matter of chance, an education puts us on our life's path.

DEVIN JONES, ME TO WE VOLUNTEER IN KENYA



CONTRIBUTED

## Gratitude learned through carrying water

It usually happens when I turn on the tap. As the water comes out, so do memories of my three overseas trips with Me to We.

This year was Ghana. I was there to help build a school. It was amazing to watch mothers and women of the Assemkow community continuously walk back and forth with huge pans of water on their heads.

I tried carrying just a small one and it was so difficult. I don't know how they do it so easily, let alone with no hands. To think that the water they are carrying is not even clean really got to me. They go through all this work to have access to dirty water for drinking, bathing and doing laundry, yet back at home I simply turn on the tap and clean water comes rushing out.

It was actually too much water that created a challenge in Assemkow. Free the Children already had two buildings up. The community already had two kindergarten classes, but they were not running because a storm had ripped off the roof of the building, so they had no choice but to shut it down. We helped get that roof up and the school running in no time, but it was mostly the community that made it happen.

I am now more cautious about everything I do and waste as little as possible. Overall, the trip has inspired me to save water and to be way more grateful with all I have.

MADISON JAMESON, ME TO WE VOLUNTEER IN GHANA



CONTRIBUTED





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# Pot smokers in Vietnam digging the Canadian bud



A man rolls a joint with Canadian-grown marijuana at his room in the old quarter area of Hanoi, Vietnam, on Oct 1. Western-grown marijuana is popular among Vietnamese elite. NA SON NGUYEN/THE ASSOCIATED PRESS

**Cannabis.** It's also appearing in Japan and South Korea

For the young Vietnamese dope smokers rolling up out-

side a smart Hanoi cafe, local cannabis is just not good enough. As with their Adidas caps, iPhones and Sanskrit tattoos, so with their choice of bud: Only foreign will do.

Potent marijuana grown indoors in Canada and the United States is easy to buy

in Hanoi and Ho Chi Minh City, say regular smokers, and sells for up to 10 times the price of locally grown weed.

That's perhaps surprising given that marijuana is easy to cultivate regionally, and bringing drugs across contin-

ents is expensive and risky.

Some experts say the trade can be explained by the dominant role Vietnamese diaspora gangs play in cultivating the drug in western countries, making sourcing the product and smuggling it to Vietnam an easier proposition than it might be otherwise.

The characteristics of cannabis use in the country also drive the trade. The drug is used mostly by foreigners and well-heeled Vietnamese, who are prepared to pay for quality. Vietnamese have long shown preferences for imported goods of all kinds — and it appears cannabis is no exception.

Smokers said one gram of Canadian weed retails for anything up to \$45, the average weekly wage in the country. Mid-quality hydroponically grown marijuana sells for about \$10 a gram in Canada and the United States.

THE ASSOCIATED PRESS

## Racism accusations. Irish return two blond, blue-eyed children to Roma homes

Ireland's justice minister says two children temporarily taken by police from their Roma parents have been returned to their families after DNA tests determined that the children were rightfully theirs.

Alan Shatter said Wednesday he had ordered the police commander to produce a report into why officers felt it necessary to take the children — a 2-year-old boy and a 7-year-old girl — from their families.

In both cases, police sus-

pected that the children might be victims of abductions because they were blond-haired and blue-eyed, unlike the rest of their immediate relatives.

Irish police were responding to public tipoffs fueled by media coverage of an alleged child-abduction case in Greece involving a blond-haired girl and a Gypsy, or Roma, family.

Human rights groups in Ireland have accused police of racism.

THE ASSOCIATED PRESS

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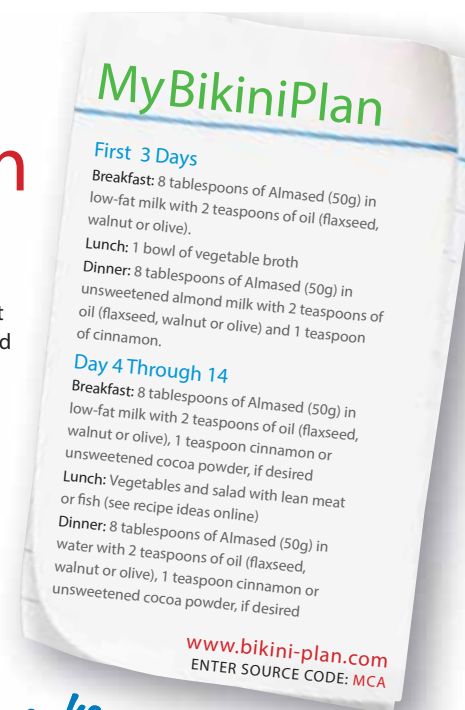
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Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to [hr@metronews.ca](mailto:hr@metronews.ca) no later than October 25, 2013. PLEASE QUOTE: "Graphic Designer - Calgary" in the subject line. All submissions will be treated as confidential.



metro 16 metronews.ca Thursday, October 24, 2013




Journalists Glenn Greenwald, left, and Jeremy Scahill will help lead an ambitious news outlet focused on "government transparency and accountability." SILVIA IZQUIERDO/THE ASSOCIATED PRESS FILE

# Will \$250M news experiment work?

**Brainchild of eBay founder.** Only time will tell if the well-funded venture to be led by group of activist journalists is able to reach lofty goals

## Great expectations

"We expect (they) will produce hard-hitting investigative journalism on the ever-expanding surveillance state."

A source at the Electronic Frontier Foundation, which is organizing an anti-NSA rally.

countability." Along with Greenwald, fellow NSA publisher Laura Poitras will be a founding member, as well as Jeremy Scahill — the man who exposed the Blackwater scandal in Iraq and CIA torture practices.


Omidyar has been coy on details — the location and launch date have not been announced — but the billionaire is known to support a horizontal model giving more freedom to journalists than traditional media.

media organization" and specifies a focus on "government transparency and ac-


**KIERON MONKS**  
Metro World News in London


The biggest national security breach in U.S. history was a warm-up for Glenn Greenwald. The activist reporter who published Edward Snowden's revelations is to launch a well-funded news outlet with a priority to share secrets from the world of surveillance, raising fears that U.S. national security will suffer. eBay founder Pierre Omidyar has pledged a minimum \$250 million to the "mass


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# BURPING COWS ARE A GAS, GAS, GAS

In these uncertain times of huge, unprecedented disasters like climate change and the Senate, it's nice to know that there are still stories that fill us with awe, still moments that make us think, "it's not such a bad life, after all."

Which is why, this week, I'd like to talk about burping cows. According to an Oct. 21 story by the Reuters news agency, Argentine scientists have devised a system that can tap directly into a cow's digestive tract and remove up to 300 litres of pure methane per cow per day, "enough energy to keep a refrigerator running for 24 hours."

This story raises all sorts of interesting questions. Like, my fridge can run on intestinal gas? Do I even need the cow?

But before I follow that line of thought to places we can't return from, here's an even bigger question: How come I never get journalism assignments like this? When I was a field reporter, I was always sent to events that had no effect on anybody,



HE SAYS

**John Mazerolle**

metronews.ca

like city council meetings.

Yet some lucky Reuters reporter was sent to watch top Argentine agricultural technologists channelling digestive gases from inside a cow through high-tech tubing to a tank on its back.

I like to imagine it was just like NASA mission control: When the burps successfully entered the tank, scientists high-fived and whooped while a mission commander removed his headset and heaved a relieved sigh, possibly methane-based.

Though it would have been a fun assignment, it's my duty as a serious journalist to stress that this isn't all fun and gas. As Canadians, we have to be concerned that Argentina now leads the race toward cow-excretion-col-

lection supremacy, probably because the world was so focused on Iran. Argentines: First they get the Pope, then they get the power.

Let's not understate the gold mine here: Cows produce what

scientists call a "heap ton" of gas because cows have a lot of stomachs, including the Greater Stomach, the Lesser Stomach, the Secret Stomach behind the bookcase, and the Ultra-Deluxe Stomach (not available on all models, ask dealer for details).

You know how you feel after you've had four burgers and you're lying on the couch and your stomach starts making noises that seem to say, "All non-vital personnel, please clear the area"? Imagine how that would feel if you had multiple stomachs! For one thing, you could win every belching contest from here to Buenos Aires.

Even if such dreams never come to pass (get it?), it's clear that belching cows are now another technological advance to consider for countries seeking energy independence. Countries like Canada. Are you pondering what I'm pondering? Given the other big news stories in Canada, I think we can all agree that Canada's next course of action to slow climate change and greatly improve the Senate involves bringing long lengths of tubing to Parliament Hill.

At the very least, our fridges will run well. Give it a sober second thought.

## ZOOM

# My pet monster



DAMIAN DOVARGANES/THE ASSOCIATED PRESS

## A hairy, scary 30-year commitment

A tarantula peeks out of his webbing filling the entire container in Los Angeles. This is one of the 50 tarantulas nurse Dee Reynolds cares for at her home. Tarantulas are the heaviest, hairiest, scariest spiders on the planet. They have fangs, claws and barbs. They can regrow body parts and be

as big as dinner plates, and the females eat the males after mating. But there are many people who call these creepy critters a pet or a passion and insist their beauty is worth the risk of a bite.

Unlike Fido or Whiskers, you can't cuddle with them, dress them for Halloween or play catch. They can cost hundreds of dollars, but they can also live for 30 years. **THE ASSOCIATED PRESS**

## They grow up so fast ...

The tarantula starts life as a sling — short for spiderling — so they can be as small as a fingernail and grow as large as a dinner plate. It eats mostly live crickets, cockroaches and some mice. The spider turns prey into stew by pumping in venom through its fangs.

**THE ASSOCIATED PRESS**

## Bites not so bad (usually)

All tarantulas can bite, but owners say it's no worse than a bee sting, unless you are allergic.

- Although there's no documented case of a fatal bite, some have more potent venom than others, and there is no anti-venom, so you treat the symptoms and hope for the best.

## Clickbait



**ANDREW FIFIELD**

andrew.fifield@metronews.ca

**It's a familiar problem that likely affects somebody you love: The agony that comes with waiting for your Candy Crush lives to refill. But don't worry — there's plenty of other free mobile games to save you from doing anything too productive.**



## Paint It Back:

A game of nonograms, which are grid-based puzzles that label each row and column with numerical clues for which squares must be shaded to reveal a picture. They're also known as Picross to Nintendo DS fans. If none of that makes sense to you, just know that it's good brain-teasing fun and Paint It Back is designed to ease you in gently. (iOS)

## Candy Mania:

It wouldn't be unfair to say this game was, um, "inspired" by Candy Crush. But there are enough twists on the gameplay — not to mention

the continual introduction of new mechanics — that it never really feels like you're playing the same game over again. (iOS/Android)

## Pocket Mine:

Take control of a miner and start digging, collecting as many precious metals as you can until your pick shatters. Take that cash and upgrade your picks while acquiring upgrades like exploding coal and volatile grenade boxes, all set to a sepia-toned 8-bit soundtrack. (iOS)

## Twitter

**A U.S. man called the cops after his Jell-O went missing from the work fridge. What's your anti-lunch theft strategy?**

I go out of my way to make really disgusting lunches so no one would want to steal them. Almost inedible. Really gross stuff.

@Canucklehead\_ca

Tape a note explaining you're constipated and it contains a strong medicinal laxative.

@TradeMarck

**Fake Moldy Lunch Bag!**  
@danfwhite



Super hot sauce. The thief is the sweaty person with a really red face.

@FrenchmanCanada

Label lunch bag "Poisonous snake specimen". For bonus points, actually put snake in.

@Cazzy

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# Why Underwood is over the moon

## Flying into fall.

Between hosting the CMAs, performing in a live TV musical and her NFL gig, Carrie is a busy gal

The end of the year looks busy for Carrie Underwood, and she couldn't be happier.

The six-time Grammy winning singer will host the Country Music Association Awards for the sixth time. You can see her every week singing the opening on Sunday Night Football. And for one night in December, she will star in a live television version of *The Sound of Music*.

The 30-year-old star told *The Associated Press* Tuesday night on the red carpet of the TJ Martell Foundation gala, where she was one of the night's honourees, that she's nervous doing something she's never done before. But then she realized, "None of us have. This is a live show on TV. So this is definitely a challenge for all of us."

She equated the live singing and acting as "going to a Broadway show, but you're in your living room."

*The Sound of Music* airs Dec. 5 on NBC with Under-

wood playing Maria alongside *True Blood* vampire Stephen Moyer. He portrays Captain von Trapp. Broadway veterans — and Tony winners — Audra McDonald, Laura Benanti, and Christian Borle round out the cast as Mother Abbess, Elsa and Max, respectively.

While the Nashville-based Underwood is no stranger to performing before millions of people on live television — she won the fourth season of *American Idol* — she felt she needed more preparation, so she showed up in New York three weeks early.

"I wanted to be here and have all my lines memorized and everything and be ready for it. It's been really wonderful," Underwood said.

"Audra and Laura are incredible. Stephen's great. It's nice to be surrounded by that much talent."

Before doing that show, the multi-platinum selling artist returns to her hosting duties on the CMAs. She's also nominated for three awards, including album of the year and song of the year. While she and co-host Brad Paisley have got it down to a science, she doesn't see the experience as old hat.

"You never know what's going to happen with us hosting," Underwood joked, referring to her and Paisley.

## Full of surprises

"You never know what's going to happen with us hosting."

Carrie Underwood commenting on her and Brad Paisley hosting the CMAs

## Hockey

## Carrie's NHL analysis

Underwood's husband, Mike Fisher, is the Nashville Predator's star centre. As such, Underwood has had to brush up on her hockey knowledge. Here's what she sees for the Nashville season: "They got off to a little bit of a rocky start, but definitely getting some momentum. I feel like my husband right now. I know what he feels like now. I feel there's some really great, new young talent," she said.

"My hubby, he's been out for the past couple of games with a foot fracture thing. But he'll be back on the ice, ASAP. I hope he does, because that's the only way I get to see him, other than iChat."

She added: "I think being nominated — especially when hosting the CMAs — you just never know."

The CMAs take place Nov. 6 in Nashville.

Underwood also spoke of recording the opening number this season for Sunday Night Football on NBC. She claims doing it was a no-brainer.

"It's a lot of fun. I grew up watching football. I'm from Oklahoma, it's what we do," she said with a big smile.

THE ASSOCIATED PRESS



Carrie Underwood will play Maria in a live TV production of *The Sound of Music* on Dec. 5. GETTY IMAGES



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# First line, last line and Mochrie fills in the rest

**New book.** Toronto-based comedian puts his own zany spin on a handful of classic tales

The opening story in the debut book from improv master Colin Mochrie begins with the opening lines of Arthur Conan Doyle's *A Study in*

Scarlet, describing Sherlock Holmes seated at a breakfast table.

What follows is far from elementary, as the famed fictional detective dresses in drag and racks his brain — not in order to solve a crime, but to figure out how to do standup comedy.

In his newly published collection of short stories, *Not Quite the Classics* (Viking

Canada), Mochrie takes the first and last lines from 12 famous novels and re-imagines the middle.

The approach stems from the improv game First Line, Last Line, in which the skit's beginning and ending are supplied by the audience and the performers invent the rest.

"When I was first asked by my agent to write a book —

apparently he does not like me having free time — because I have no experience at writing, I thought I would use my improv experience to help me guide my way through this," Mochrie said in a recent interview.

Using the first and last lines, "I figured ... two per cent of the book is written, so I'm set," he added with a laugh.

The Toronto-based *Whose Line Is It Anyway?* star said he was a shy child who read a lot, but he never wanted to write a book until his agent suggested it.

He was convinced to take on the project by actress Debra McGrath, his wife who "does a lot of writing," is "incredibly disciplined" and "incredibly supportive."

"Actually, I think I'm writing this book because of her, because she's a very positive person. I am less so, much less so," said the typically self-deprecating Scottish native, who was recently named Canadian comedy person of the year at The Canadian Comedy Awards.

"But she has this thing, and she's actually talked me into doing it: There's a thing in improv called, 'Yes, And,' where you accept people's ideas and then you build on that, so it's always positive. We've kind of talked about, in the last couple of years, saying yes to things that we ordinarily would say no to.

"I've found it leads you to these adventures you never would've taken the chance on, and writing a book was something I never thought about, so I thought, 'Well, I'll use Deb's Yes, And thing and see where it takes me.'

The TV actor said he chose the stories according to whether they had first and last lines that inspired him and yet were vague enough.

The first one he tackled was Dr. Seuss's *The Cat in the Hat*, which he turned into a poem about a zombie invasion.

"It was the first book I read as a child; it was the first book I read to my son, so I know it really well, and it rhymes and it's easy," said

Mochrie, who performs with his longtime improv partner Brad Sherwood at the Queen Elizabeth Theatre in Toronto on Oct. 30.

"So I thought that would be a nice way to ease into it, and it was actually fairly easy to write and pain-free. I thought, 'Oh, this is what the rest of the (project) is going to be like.' I was wrong. Totally wrong. Absolutely, completely, 100 per cent wrong."

Despite the challenges he faced, Mochrie managed to inject the stories with the same charm, humour and zany scenarios he's brought to his improv performances.

There's the one inspired by Herman Melville's *Moby Dick*, in which a balding actor abuses the powers of a magical toupee to advance his career.

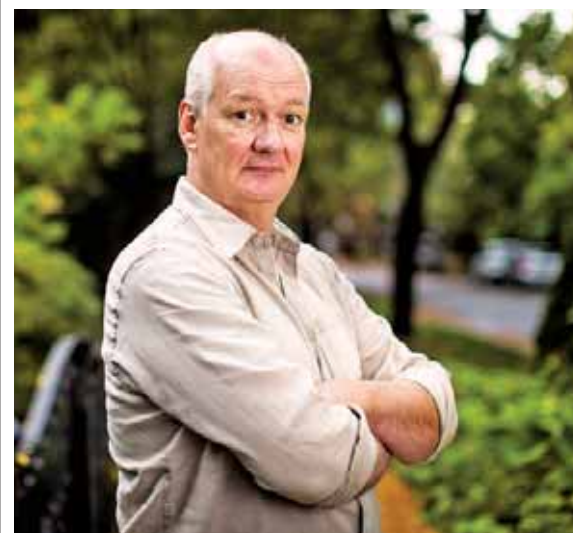
Mochrie, who's been the butt of bald jokes himself, said that's one of the most personal stories. (For the record: He's never worn a toupee.)

"Bald jokes don't bother me at this point. It's been my bread and butter, but I always wonder: How come someone can come up and just do a bald joke at me and I can't mention that they're obese or missing an eye or something? I can't, I just can't."

THE CANADIAN PRESS

## Beware the colon exams

The story that was perhaps the most demanding, at least physically, was the one inspired by Kurt Vonnegut's *Slaughterhouse-Five*. Without spoiling the tale, the premise involves "the unluckiest man in history" and a colon exam that goes awry.



Colin Mochrie's newly published *Not Quite the Classics* is a hilarious take on 12 famous books. THE CANADIAN PRESS

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# Britney Jean is just a stressed out mother

**Spread-thin Spears.** With a new album and Las Vegas show, pop singer is juggling mothering and career

Britney Spears may take on a sexy pop star persona in the video for her latest single Work B—, but at home she says she feels like a “crazy mom.”

Speaking in London recently, the 31-year-old singer says these days she juggles the demands of an international singing career with taking care of her two sons, Sean, 8, and Jayden, 7.

“Once you’ve done a shoot ... you have to come in and do homework and fix dinner twice and it’s a lot of work,” she said. “But I think as women we just manage it, we make it work.”

Spears says she worked hard with her fitness trainer to get into top shape for her new video, sticking to two or

three small meals each day. The American singer admitted, however, that she struggled to stave off food cravings in the weeks leading up to the video shoot, saying: “I love to eat my popcorn at night!”

And the first thing she ate afterward? “Just chocolate, chocolate, chocolate,” she said.

Work B— is the lead single from Spears’ 8th studio album Britney Jean — the name her family calls her — and she says it’s her most personal album to date. Produced with will.i.am, Spears co-wrote every track, including a song about her split with Jason Trawick in January.

“I think it will make girls not feel alone in this situation,” she explained. “When they’re alone in their room and they broke up with their boyfriend, they have a song they can go to and listen to, just makes them feel better about themselves.”

Not content with just a new single and a new album, the singer is also preparing for a Las Vegas residency at the Planet

## Great time for pop ladies

Spears feels it’s a good time for women in pop music right now, citing the success of Rihanna, Lady Gaga, Madonna and Taylor Swift as her inspiration. “There’s so many strong, powerful women in pop music culture today,” she said.

- **Dates.** Britney Jean is out Dec. 3 and Britney: Piece of Me debuts in Las Vegas on Dec. 27.

Hollywood Resort and Casino. In a show titled Britney: Piece of Me, Spears will perform 50 dates over two years. The Grammy-winner says she has a vocal coach to strengthen her voice for the show. She described the process as “grueling” — but says she can’t wait for the experience. “I know I’ll be nervous, but I’m going to be excited, too. It’s going to be cool,” she said. **THE ASSOCIATED PRESS**



Britney Spears will perform 50 shows over two years at the Planet Hollywood Resort and Casino. **THE ASSOCIATED PRESS**

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Katharine McPhee

## Married McPhee caught kissing married director

American Idol alum Katharine McPhee has been caught locking lips with her former Smash director Michael Morris after an intimate lunch date, according to Life & Style. The only problem? They're both married — McPhee to performer-turned-

producer Nick Cokas and Morris to actress Mary McCormack. McPhee and Cokas "have been separated for six months," a source says. "Nick continues to co-manage her music." But the status of Morris and McCormack's marriage is unclear.

## Forget it girls, there'll be no 50 Shades of McConaughey

A whole lot of actors are being considered to replace Charlie Hunnam as Christian Grey in the Fifty Shades of Grey movie, but don't include Matthew McConaughey on that list. "I've heard of it, yeah. I have not read the book. I don't



Matthew McConaughey

even know what the book is about," he tells E! News when pressed on the subject. "I'd be making up an answer if I told you any more."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Lohan and posse hit wrong notes in Karaoke bar

Apparently Lindsay Lohan doesn't need booze to get into trouble during a night on the town. The troubled actress was reportedly "insanely belligerent" after an all-night party in a private karaoke room at a New York City bar, according to the NY

Daily News. While Lohan was overheard insisting she wasn't drinking, her hangers-on drained a bottle of Jameson whiskey and left the room littered with bottles and trash, sources say. Lohan is said to have pleaded with the staff to keep the bar open once closing time hit, and when the staff refused the Mean Girls star reportedly summoned the police and complained that she and her friends had been held captive in the karaoke room. No police report was filed.

### Twitter



@MarkDuplass

TWISTER was invented by a couple trying to get their dinner guests to swing with them, right?



@ABFalecBaldwin

The Post is obsessed w my wife's boobs. Get in line.



@bobsaget

When someone says something negative to you, turn it into a positive. Tell them you want to sleep with their mother.



Katy Perry and John Mayer. ALL IMAGES GETTY

## Mayer's marriage proposal to girlfriend Perry 'a question of when' not if

Katy Perry and John Mayer are getting so serious that news of an engagement is all but inevitable at this point, according to

Us Weekly. "Everyone knows it's just a question of when John will propose," a source says. Perry and Mayer, who have been dating for more than a year — with a three-month break earlier this year — "realize they must be together," the source adds. "They Skype and text all day. John always checks in before bed."

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# SS 14's golden girls

## Shimmer and shine.

Pat McGrath's glittering brows at Dior and Dries Van Noten's side partings fashioned with gold leaves have given us gold fever. But for everyday wear simply work in a hint of warm, sparkly hues to get that candlelit glow.

ROMINA  
MCGUINNESS  
Metro World News

The show-stopping gold makeup looks spotted on the SS 14 runway were beautiful, but they only work on the runway. You don't want to dazzle your colleagues with all your bling or crack a tooth on the glitter that's landed in your granola.

"Gold makeup is incredibly flattering and works with all skin tones — pretty much everyone can suit a chocolatey bronze. It's like adding sunlight to your face," makeup artist Florrie White, who's worked with the likes of Blake Lively and Rosie Huntington-Whiteley, tells us.

She shows us how to play with the trend:

## Highlight Your Face

"A gold highlighter (try the Smashbox Halo Highlighting Wand in Gold or NARS multi-stick in Malibu) will give you that candle light luminosity. Focus on the inner corner of the eyes (to open them up and take away tiredness) and on the temples. Dab some right down to the apple of your cheek so that when you move you get a fuzzy glow around you. Highlight the bridge of the nose for an extra spot of light and your cupid bow to create a fuller top lip."

## Warm Your Eyes

"Go for a blown out, gold-bronze smoky eye by using a chocolate gold liner under the eye (try Charlotte Tilbury's eye powder pencil in Sophia). Really bring out the lash line by blending it down. Next, take a gold eye shadow, such as L'Oreal Color Infallible in Goldmine, and wash it all over the lid. Really blend it out so that you get a warm glow behind the lashes. Enhance the look by adding a little bit of a darker eye shadow (such as Color Infallible in Sahara) in the eye sockets."

## As for the rest...

- Frame the eyes by slightly grooming and filling in your eyebrows.
- Apply a glittery beige-nude on your lips. Besame Cosmetic's lipstick in Champagne works well.
- Make sure your mascara is combed through and that you don't get powder or cream stuck on the lashes, as this will take away from your lash line.
- Add some gold flecks to your face with NARS's Orgasm Blush.

And for a little extra sparkle we loved:



Dior does gold best with eyes that make accessories unnecessary.

GETTY IMAGES

### NARS

Eye paint in Iskandar  
narscosmetics.com



### Topshop

Glitter eyes in Sprinkles  
topshop.com

### Shiseido

Luminous satin eye  
colour trio in Into The  
Woods  
shiseido.com



### Besame Cosmetic

Lipstick in Champagne  
besamecosmetics.com



### Charlotte Tilbury

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# MOBILE SOLUTIONS DELIVER BENEFITS

Investing in mobile technologies can pay big dividends, particularly when the technologies address particular business challenges. Careful research and analysis is the key to success — to get the biggest returns, a company must start with a clear picture of its current operations and be able to identify how mobile access to data can contribute to profitability.

According to several studies, small- to medium-sized enterprises are most likely to benefit from mobile technologies in three ways:

- Employees can work from remote locations;
- Ability to network with both new and prospective clients; and
- Rapid, accurate analysis of centrally stored data — some of which originates in remote locations.

Bell Mobility's solution delivered all three benefits to Sure Track Courier. Up until a few years ago, the company relied on a combination of two-way radios, cellphones and pagers to connect dispatchers and drivers. The new system incorporates fleet-tracking software, GPS, and hands-free push-to-talk service. The system also generates accurate up-to-the-minute reports, reducing headaches for

## THE BELL ADVANTAGE

Bell business experts provided a unique set of wireless solutions that addressed Sure Track's business challenges. In addition to wireless expertise, the courier company benefited from the following Bell advantages:

- Canada's largest LTE network;
- Canada's trusted push-to-talk service;
- Global coverage in more than 200 countries;
- Dedicated small business specialist – 24/7 live technical support.

both drivers and dispatchers.

"In our business, time is money," says Victor Pereira, sales and operations manager at Sure Track Courier. "And it's easy to waste time through communications. Now we can send only relevant information and make sure it arrives just as it's needed. Drivers can concentrate more on driving and get instant help in avoiding traffic jams and finding the best routes."



ISTOCK/THINKSTOCK

According to Pereira, the key to success has been creating a user interface that meets the specific requirements of the company's drivers and dispatchers. Sure Track representatives worked directly with Bell and Bell's technology partner to create a navigation system that prompts users to enter information in a logical order and with a minimum of

touches. The system transmits the meaningful, accurate reports that Sure Track needs to plan and manage its business effectively.

"We know everything from where our vehicles are to the temperature inside of our trailers — which can be extremely important, depending on what's inside," Pereira says.

## TECHNOLOGIES TAILORED FOR YOUR BUSINESS



STOCKLITE/SHUTTERSTOCK

More businesses are adopting mobile technologies and using them to increase profitability and improve customer service. With a large influx of mobile technologies in the marketplace, the challenge facing many small- to medium-sized enterprises is determining which technologies are best suited to their business.

"We had tried various systems, but they weren't really working that well for us," says Victor Pereira, sales and operations manager at Sure Track Courier. "We worked with Bell Mobility to create a complete system that meets all of our business needs."

Sure Track is a Toronto-based courier company providing delivery, freight and warehousing services in Canada. The company needed a reliable way to track both vehicles and shipments in real time, and to analyze data about everything

from the costs of fuel and tolls to vehicle wear and tear. Bell Mobility delivered a customized solution that incorporates GPS technology and simultaneously manages dispatch, billing and warehousing information. As a result, Sure Track spends less on fuel and tolls, and can provide customers with accurate, timely pick-up and delivery information.

"About a month ago, an airline contacted us because it had a plane on a runway in Kentucky that needed a part from a manufacturer in Toronto," Pereira says.

"The new mobile solution enabled us to dispatch the closest vehicle and track the delivery right to the tarmac. That made Sure Track look good to our client — the airline company — because they knew exactly how long their plane would be out of service and could plan accordingly."





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## The Support

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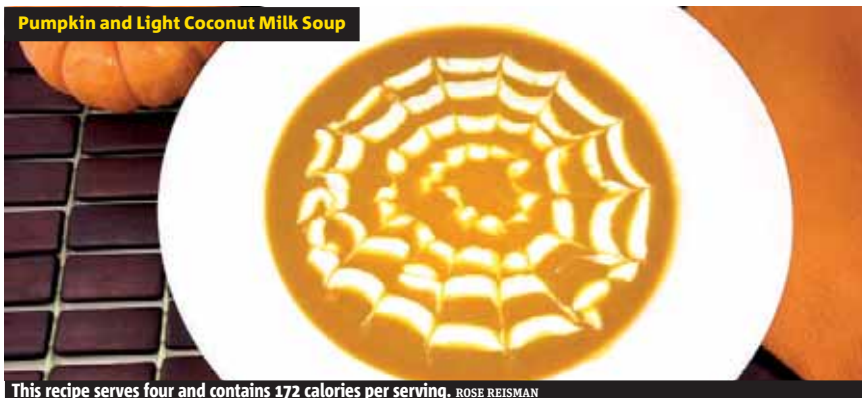
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## Pumpkin and Light Coconut Milk Soup



This recipe serves four and contains 172 calories per serving. ROSE REISMAN

# Have your jack-o'-lantern and eat it too — in a creamy Pumpkin Soup

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This fall, enjoy the abundance of pumpkins that are virtually found everywhere!

Pumpkins are rich in carotenoids, recognized to keep your immune system healthy and strong.

If you would like to try using fresh pumpkin instead of canned, just roast a small pumpkin at 400 F until tender, about 45 minutes. Cut open, scrape away seeds and scoop out pulp and mash.

#### Ingredients

- 2 tsp vegetable oil
- 1 1/2 cups chopped onions
- 1 1/2 cups chopped carrots
- 1 1/2 tsp minced garlic
- 1 tsp minced ginger
- 3 cups chicken or vegetable stock
- 1-1/2 cups canned pumpkin purée
- 1/2 tsp cinnamon
- 1/2 tsp ginger
- 1/8 tsp nutmeg
- 1 tsp hot sauce
- 1 cup light coconut milk
- 1-1/2 tbsp honey
- Garnish**
- 1/4 cup low fat sour cream

1. In saucepan sprayed with cooking spray, heat oil over medium-high heat; cook onions, carrots, garlic and ginger for 10 minutes, stirring frequently, or until onions are softened and browned. Stir in stock, pumpkin, cinnamon, ginger, nutmeg and hot sauce. Bring to a boil. Reduce heat to low, cover, and cook for 30 minutes or until carrot is tender.

2. In batches, purée soup in a blender. Return soup to sauce-

pan. Stir in coconut milk and honey. Gently reheat.

3. Divide among soup bowls.

4. Garnish: Place sour cream in a small plastic baggie. Snip off the end corner of the bag. Carefully draw approximately 3 to 4 circles on top of the soup as in photo. Use a toothpick to drag lines from the centre out toward the edges to create a web design.

Check out the latest deals in this week's flyer!

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#### For your phone

### Foodie Halloween Treats (iPad/ iPhone; free)

There's spooky treats for all in this fun collection of 40 Foodie Halloween recipes spanning



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drinks, cakes, cookies and candies. Enjoy chocolate frogs, spice-roasted pumpkin seeds, and caramel apple cider cocktails.



Discover more fresh deals in this week's flyer — [calgarycoop.com/flyers](http://calgarycoop.com/flyers)

OCT THU24 FRI25 SAT26 SUN27

Pricing in effect Thursday, October 24 to Sunday, October 27, 2013. Actual items may vary slightly from illustrations. Some illustrations are serving suggestions only. We reserve the right to limit quantities. GST is extra where applicable.



# Upping the comfort quotient

Great comfort and support for studying, reading or while watching television in bed. Microsuede Backrest, \$25, [bedbathandbeyond.ca](http://bedbathandbeyond.ca).



From office to bedroom to living room, an extra side table can be used to hold a book, coffee or decorative candles. Lawson Side Table, \$174, [homesav.com](http://homesav.com).



Keep your favourite cup of java warm while reading in bed, soaking in the bath or socializing online. Place one in every comfort nook around your house. Salton Mug Warmer, \$10, Walmart. Check [walmart.ca](http://walmart.ca) for store availability.



Place your single-serve brewer close at hand, and you can have Tim Hortons coffee without even getting up from the lounge. Tim Hortons Single Serve Coffee Cups, \$9 per pack of 14, [timhortons.ca](http://timhortons.ca).



This anywhere lamp casts the perfect spotlight for reading in bed, the office or the living room. Graham Table Lamp, \$322, [crateandbarrel.com](http://crateandbarrel.com).



Stylish, sleek and reminiscent of a first-class lounge seat, this chair won't get in anyone's way. Benson Motion Recliner, \$1,800, [urbanbarn.com](http://urbanbarn.com).



**Homebody hedonism.** As cooler weather closes in, creating a quiet nook all for yourself provides some at-home escapism



DESIGN CENTRE  
Karl Lohnes  
[home@metronews.ca](mailto:home@metronews.ca)

Whether on a quiet Saturday morning or early mid-week evening, we all have times when we crave some space to ourselves — and many of us have a special nook in our

home that allows us to get away.

For some, that space is found in the corner of a comfy sofa or by lying in bed to read. For others, it's getting away from roommates and family by socializing on the computer.

Creating a quiet spot all your own doesn't take up much space; it's about surrounding yourself with com-

forts you enjoy.

A favourite chair can be styled with a back-support pillow, decorative throw or a small side table.

In the bedroom, add some support pillows for reading, and a laptop or portable television for watching movies. Grab a pair of earphones so you can selfishly listen to your own movie or

music, thereby helping to create a world all your own.

At your desk, make sure you have a spot for your favourite coffee cup, a relaxing scented candle and some family or vacation photos to offer up visual breaks from the computer screen.



## ValueVillage

Check out [valuevillage.com](http://valuevillage.com) for even more great ideas plus DIY costume how-tos!



#thrifortreat

# UNIQUE FEATURES EQUAL CONVENIENCE

When the chilly fall weather sets in, the home becomes more important than ever as a place to relax and recharge, says David Magnan, sales director of Bridgeland Crossings.

“Homebuyers want homes that are just as comfortable and cosy as they are beautiful,” Magnan says. “We designed Bridgeland Crossings to deliver comfort and style in equal measure.”

As temperatures drop, Calgarians are particularly mindful of features that maximize livability throughout the cold months, Magnan says.

One of the unique features that Apex City Homes, the builder, has included in each home is the Nest Learning Thermostat. The system anticipates residents’ temperature needs, saving money on energy while ensuring the living environment stays at the optimal temperature. For example, if residents are normally away at work during the day, the system will turn the heat down

during that time, heating up right before residents come home from work in the evening.

Frequent travellers love this feature since it lets them turn the heat off when they are away and back up just a few hours before they come home so they arrive to a warm and cosy environment. Residents can even control the heat remotely from their smartphones.

Another key feature that brings extra convenience for technologically savvy buyers is the presence of plentiful USB plug-ins alongside electrical outlets in the kitchen and bedrooms of each home. These are perfect when residents want to charge their phones or tablets at their bedside, or use their tablet as a recipe book in the kitchen while the blender and mixer are plugged in at the same time.

“We wanted to bring our residents smart features that would prove useful for years to come,” Magnan says.

“Most of us use technology for many



CONTRIBUTED

aspects of our daily lives, so the tech-savvy features just make sense.”

Buying just got easier at Bridgeland Crossings. For a limited time only, buyers can own with a Bridgeland Essentials program worth more than \$5,000.

Call a sales representative or visit the sales centre for details. The sales centre is located at 824 1st Ave. N.E. and is open daily (except Fridays) from noon to 6 p.m. For more, call 403-269-2805 or visit [bridgelandcrossings.com](http://bridgelandcrossings.com).



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# FROM THE PAST TO THE FUTURE: EAST VILLAGE

From an unforgettable historical past to an emerging and promising future, Calgary's East Village will once again be a bustling hub of the city with a lot to offer.

Nestled between the flowing Bow River and 50 acres of beautiful green space, East Village is where Calgary first emerged as the dynamic city it now is. Calgary's East Village was a hustling, bustling mixed community of residential, commercial, service and industrial activity, but, over the years, became neglected. Until now, says Fred Serrafiero, FRAM Group vice-president of development and construction.

"FRAM has a lot of experience selling, developing and building mixed-use urban communities like the East Village," Serrafiero says. "There is a trend in the last decade to revitalize and regenerate urban communities. We're really excited to be involved in bringing life back into a community that is set to become the heart and soul of the city again."

The Calgary Municipal Land Corporation inked a deal with Ontario-based FRAM Building Group and Slokker Real Estate Group to lead development in the



emerging area.

"East Village has so much to offer," Serrafiero. "First of all, it is less than a 10-minute walk to Stephen Avenue and a number of the city's attractions and core office buildings. It is connected to St. Patrick Island and soon there will be a new pedestrian bridge and a revitalized island with many natural amenities."

The Riverwalk Park along the Bow

River is a world-class urban green space that connects to the city trail network, which is ideal for walkers, runners, cyclists and families.

East Village will also soon be the hub of the National Music Centre, a new and modernized Calgary Central Library, grocery stores, coffee shops, restaurants, hotels and offices.

"The East Village will be a true mixed-



CONTRIBUTED PHOTOS

use community where people choose to live, work and play. The area has everything for someone looking to live in a hip urban neighbourhood. This is a unique opportunity that is rare in most North American cities."

FRAM will be launching its next condo project in the fall dubbed VERVE, which will feature 195 condo suites in a 24-storey condo unit with retail and office opportunities.

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Condominiums

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FRAM Slokker TRICON

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ev east village









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# ATTACHED TO NEW BRIGHTON

When Kathy Gilmour first bought a home at New Brighton, a master-planned community that's currently selling in Calgary, she didn't realize just how attached she would become to the area.

"We originally chose this neighborhood because of all the conveniences it offered — the reasonably priced lots, close proximity to Deerfoot Trail, shopping at 130th and High Street, and access to green spaces," Gilmour says.

Eight years later, Gilmour appreciates her first home so much that she is in the process of buying a second one at New Brighton.

"It feels wonderful to purchase a new home in New Brighton again," Gilmour says. "We love this friendly, family-oriented community. We chose to use the same builder that built our first house — Morrison Homes. You can tell from the quality of the workmanship that they take pride in their work."

New buyers will be buying into that same high level of quality, says Anita Sahota, marketing co-ordinator for the project.

"New Brighton is a neighbourhood for Calgary homebuyers who want to buy new homes, but still want the feel of an established community," Sahota says.

The development was designed with something for everyone, including a balanced mix of community and recreational facilities and plenty of natural space for everyone from couples to young families to older couples to enjoy.

New Brighton offers townhomes from the \$280,000s, and homes with double attached garages starting in the \$400,000s.

The New Brighton Club is a great place to meet your neighbours, Sahota says.

"We've got extensive facilities here, including playgrounds, a water play area for kids, as well as basketball, volleyball and tennis courts. We even have our own outdoor ice rink in winter."

For beautiful days, residents have plentiful walking paths and green spaces at their fingertips, but when the weather is inclement, residents at New Brighton can enjoy the 6,500-square-foot New Brighton Club, which provides a diverse array of activities, meetings and club events for the whole community.

For more information, visit [livenewbrighton.ca](http://livenewbrighton.ca).



## IT'S WHERE LIFE HAPPENS

Brookfield communities are not just places where you live, they're places where memories are made, experiences are shared, and people and families grow — together. New Brighton's new private residents' club is the perfect place to gather, while the pond, pathways and parks provide a beautiful backdrop. And with restaurants and shops just a short walk away — there's always something to do in New Brighton.

NEW BRIGHTON

**NEW SHOWHOMES NOW OPEN**

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# 6TH AND TENTH — AN URBAN OASIS

A stunning new highrise condominium is bringing sophisticated urban architecture to Calgary's Connaught/Beltline district.

The project, 6th and Tenth, is being developed by Toronto's Brad Lamb, a man who has been involved in selling, consulting and marketing of more than 120 developments across Canada. His Lamb Development Corp. has created 21 of its own buildings, including some of Toronto's most distinctive condo projects, and he is seeking to bring a similarly high standard of contemporary design to Calgary with his first venture in the city.

The modern 31-storey glass, brick and precast concrete 6th and Tenth building, designed by renowned Toronto firm CORE Architects, consisting of three intersecting rectangles, is destined to become a landmark.

Lamb well understands the merits of location, location, location.

"It's in a great part of the city, close to the financial core," he says. "It's close to where people go out at night, there's terrific street life and access to transportation."

The area is evolving into a thriving mixed-used neighbourhood with a mix of new office buildings, residential highrise towers and a wealth of arts, entertainment, shopping and dining amenities all within walking distance.

One of the unique aspects of the 6th and Tenth building will be the urban park at its base. At street level, the building will also house a five-star restaurant with soaring ceilings.

"What's exciting about this building is that we decided from the start we wanted to do something artistic," Lamb says. "Most buildings have podiums at the street with retail. We have created a colonnade in front and it's set back from the street.



CONTRIBUTED PHOTOS

There will be a park, anchored with a large series water feature and a huge art installation. We have commissioned an art competition and the winning proposal will be featured as the art installation."

Lamb has partnered with Public Art Management to host the exclusive open call art competition to find a piece of artwork that reflects Calgary's Western Canadian vibe and one that will withstand the elements.

"We want to create a place in the area that people would gravitate to, a sort of meeting place," Lamb says. "There will be lots of fountains and lots of granite. I'm not a fan of buildings always coming to the edge of the sidewalk with no relief from the city. It's these little parks where people experience life."

The building amenities will provide its residents with a similar oasis from urban life, with a "cool" plunge pool similar to ones you might find in a Miami boutique hotel, gym and a sky garden with outdoor barbecue and seating areas, and an indoor

residents' club where homeowners can host parties in a multimillion-dollar space.

The amenities will be on top of the restaurant, 60 feet above street level.

There will be 228 condo suites in all, starting from the \$230,000s. Suites, which have been thoughtfully designed to maximize living space, range from 500 to 1,200 square feet in size. Finishes are spectacular and some features, such as standard nine-foot ceilings, gas stoves and natural gas

connection for barbecues on balconies are new to the Calgary condo market.

About half the suites, with a good mix of layouts, are still available for purchase. Construction is anticipated to start this fall.

Lamb is a firm believer in fabulous finishes and the suites in 6th and Tenth are no exception, with appointments that include exposed concrete feature walls and ceilings for a loft-type feel, engineered hardwood floors, custom European cabinetry, glass tile backsplashes, stone countertops and Energy Star stainless steel appliances. Bathrooms boast deep soaker tubs, rain-style shower heads and custom designed cabinetry.

Balconies are generously sized, at six feet deep, to allow homeowners to indulge in the outdoor living trend, with enough space for a barbecue and outdoor furniture.

Residents will have the services of a 12-hour concierge during daytime hours and 12-hour security service at night.

Lamb Development Corp. was founded in 2001 by Lamb, one of Toronto's top condo brokers. With more than 13 years selling, marketing and consulting on condo projects, Lamb wanted to bring something different to the market and his company has become one of the country's busiest development companies. The company specializes in pioneering up-and-coming locations and creating hip, contemporary buildings.

For more information on 6th and Tenth, visit the presentation centre at 663 10th Ave. S.W., Monday to Wednesday, from noon to 6 p.m., Thursday, from 2-7 p.m., Friday closed, and Saturday and Sunday from noon to 5 p.m.

For more information, call 403-239-5511 or visit [6thandtenth.com](http://6thandtenth.com).





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Simon Whitfield

## Olympic gold medallist retires

Canadian Olympic gold medallist Simon Whitfield announced his retirement from competitive triathlon early Wednesday, becoming a consultant in sports entertainment.

Whitfield, from Kingston, Ont., won gold at the 2000 Sydney Olympics and silver at the 2008 Beijing Games. **THE CANADIAN PRESS**

NHL

## Spezza, Sens beat ex-captain, Wings

Jason Spezza has Daniel Alfredsson's old job, and for one night he stole his spotlight.

Alfredsson was playing his first game for the Detroit Red Wings against his former team, but Ottawa's new captain spoiled the reunion with two goals in a 6-1 Senators victory Wednesday night in Detroit.

Spezza, who was tasked with following Alfredsson's 14 seasons of wearing the "C," scored on the power play in the first period and then at even strength in the second. **THE CANADIAN PRESS**

NFL

## Manning sits out Broncos practice

A tender ankle kept Peyton Manning out of practice Wednesday when the Denver Broncos began preparations for the Washington Redskins.

Manning said he'll be back Thursday, however.

This was the first time Manning has missed a practice in Denver.

**THE ASSOCIATED PRESS**



Red Sox designated hitter David Ortiz is greeted by teammates Mike Napoli, from left, Jacoby Ellsbury and Dustin Pedroia after scoring behind Cardinals catcher Yadier Molina on Wednesday night. The Red Sox won Game 1 of the World Series 8-1. ROB CARR/GETTY IMAGES

# Red Sox leave Cards red-faced in opener

**World Serie.** St. Louis's defensive miscues and favourable calls from umps give Boston early edge in Fall Classic

Given a bit of help by the umpires and a lot more by the Cardinals, the Boston Red Sox turned this World Series opener into a laugher.

Mike Napoli hit a three-run double right after the umps reversed a blown call,

| Game 1  |           |
|---------|-----------|
| 8       | 1         |
| Red Sox | Cardinals |

Jon Lester made an early lead stand up and the Red Sox romped past sloppy St. Louis 8-1 Wednesday night for their ninth straight Series win.

David Ortiz was robbed of a grand slam by Carlos Belt-

ran — a catch that sent the star right fielder to a hospital with bruised ribs — but Big Papi later hit a two-run homer following third baseman David Freese's bad throw.

The Red Sox also capitalized on two errors by short-stop Pete Kozma to extend a Series-winning streak that began when they swept St. Louis in 2004. Boston never trailed at any point in those four games and, thanks to this embarrassing display by the Cardinals, coasted on a rollicking night at Fenway Park.

It got so bad for St. Louis that the sellout crowd literally laughed when pitcher Adam Wainwright and catcher Yadier Molina, who've combined to win six Gold Gloves, let an easy popup drop untouched between them.

The normally slick-fielding Cardinals looked sloppy at every turn: Wainwright bounced a pickoff throw, Molina let a pitch skitter off his mitt, centre-fielder Shane Robinson bobbled the carom on Napoli's double and there was a wild pitch.

**THE ASSOCIATED PRESS**

4 SPORTS

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THE OTHER GUYS





Sean Monahan has recorded nine points in nine games with the Flames. CHRISTIAN PETERSEN/GETTY IMAGES

# Monahan is right where he belongs



**THE HOCKEY NEWS**  
Brian Costello  
calgary@metronews.ca

What was supposed to be a difficult, sleep-losing decision for Flames GM Jay Feaster actually got easier by the day. Sean Monahan made it easier by not allowing his level of play to slip — not even a bit.

Monahan is a Calgary Flame for good now. Some of it had to do with Monahan's stats: nine points in nine games and easily a top-six scoring threat on a rebuilding team. How do you send away a contributor like that and tell your fans and the rest of the league it's being done in the best interests of the teenager? But most of it had to do with Monahan's hockey IQ. It's big league already. He already knows how to play this game at a high

level. He knows about finding open areas of ice, about where the puck might wind up next, about risk management when the opposition has the puck.

Sure, there will be days when Monahan misses an assignment on the backcheck, gets muscled off the puck or goes 2-for-12 in the faceoff circle. But the best way for a player with a high hockey IQ to get better is by playing against the best, not by dominating against the simpletons of the world.

Some people are worried about eating up a year of entry-level salary when he's 19 rather than 22. Let Feaster and the boys worry about that. This is where Monahan belongs. My THN colleague Ken Campbell often says no NHLer has ever had his career ruined by returning to junior.

I think back to the autumn of 1981, when 18-year-old

Marc Habscheid showed the Edmonton Oilers he was good enough to make their kiddie corps. Habscheid had five goals and 10 points in nine pre-season games to rank behind only Mark Messier and Wayne Gretzky.

On the eve of opening night, the Oilers crushed his dreams and sent him back to Saskatoon. He scored 64 goals and 151 points in 55 WHL games, but did he develop bad habits and not worry about shoring up his defensive game?

Habscheid did play 345 games in the NHL, but never made a big impact and missed out on some glory seasons in Edmonton. He had tears in his eyes the day the Oilers sent him down. "They said I played good enough," he said at the time. "Once you get a taste of it ... I'm disappointed. Come to think about it, I had forgotten about my junior team."

## Staying in Calgary

## Flames elect to keep teen sensation

Sean Monahan will remain with the Calgary Flames this season instead of being returned to his junior club. "We feel good about the decision we've made," general manager Jay Feaster

said in making the announcement. "We believe his development is best served with us."

A junior-eligible player is allowed to play up to nine games without his NHL team burning a year of his entry-level contract. Monahan had six goals and nine points in his first nine games.

Calgary selected Mo-

hanan sixth overall in June's draft after he played three seasons with the OHL's Ottawa 67's. The centre has been given a heavy workload at even strength and on the power play by Flames coach Bob Hartley.

"I think he's a unique individual ... in his determination," Feaster said. "He's a 19-year-old going on 29 years old." **THE CANADIAN PRESS**

## NHL

### EASTERN CONFERENCE

#### ATLANTIC DIVISION

|           | GP | W | L | OL | GF | GA | Pt |
|-----------|----|---|---|----|----|----|----|
| Toronto   | 10 | 7 | 3 | 0  | 34 | 24 | 14 |
| Detroit   | 11 | 6 | 4 | 1  | 25 | 30 | 13 |
| Boston    | 8  | 6 | 2 | 0  | 25 | 12 | 12 |
| Tampa Bay | 8  | 5 | 3 | 0  | 26 | 21 | 10 |
| Montreal  | 9  | 5 | 4 | 0  | 29 | 19 | 10 |
| Ottawa    | 9  | 4 | 3 | 2  | 27 | 25 | 10 |
| Florida   | 10 | 3 | 6 | 1  | 22 | 35 | 7  |
| Buffalo   | 11 | 1 | 9 | 1  | 15 | 33 | 3  |

#### METROPOLITAN DIVISION

|              | GP | W | L | OL | GF | GA | Pt |
|--------------|----|---|---|----|----|----|----|
| Pittsburgh   | 9  | 7 | 2 | 0  | 31 | 20 | 14 |
| Carolina     | 9  | 4 | 2 | 3  | 22 | 26 | 11 |
| NY Islanders | 9  | 3 | 3 | 3  | 29 | 28 | 9  |
| Columbus     | 9  | 4 | 5 | 0  | 23 | 23 | 8  |
| Washington   | 9  | 4 | 5 | 0  | 26 | 29 | 8  |
| New Jersey   | 9  | 1 | 5 | 3  | 18 | 30 | 5  |
| NY Rangers   | 7  | 2 | 5 | 0  | 11 | 29 | 4  |
| Philadelphia | 8  | 1 | 7 | 0  | 11 | 24 | 2  |

#### Wednesday's results

Ottawa 6 Detroit 1  
Boston 5 Buffalo 2

#### Tuesday's results

Toronto 4 Anaheim 2  
Vancouver 5 NY Islanders 4 (OT)  
Columbus 4 New Jersey 1  
Chicago 3 Florida 2 (SO)  
Edmonton 4 Montreal 3  
Washington 5 Winnipeg 4 (SO)  
Minnesota 2 Nashville 0  
Phoenix 4 Calgary 2

#### Thursday's games

All Times Eastern  
San Jose at Boston, 7 p.m.  
Vancouver at New Jersey, 7 p.m.

### WESTERN CONFERENCE

#### CENTRAL DIVISION

|           | GP | W | L | OL | GF | GA | Pt |
|-----------|----|---|---|----|----|----|----|
| Colorado  | 9  | 8 | 1 | 0  | 28 | 12 | 16 |
| Chicago   | 9  | 6 | 1 | 2  | 26 | 21 | 14 |
| St. Louis | 7  | 5 | 1 | 1  | 27 | 19 | 11 |
| Nashville | 10 | 5 | 4 | 1  | 19 | 24 | 11 |
| Minnesota | 10 | 4 | 3 | 3  | 21 | 22 | 11 |
| Winnipeg  | 10 | 4 | 5 | 1  | 26 | 30 | 9  |
| Dallas    | 8  | 3 | 5 | 0  | 20 | 28 | 6  |

#### PACIFIC DIVISION

|             | GP | W | L | OL | GF | GA | Pt |
|-------------|----|---|---|----|----|----|----|
| San Jose    | 9  | 8 | 0 | 1  | 40 | 16 | 17 |
| Anaheim     | 9  | 7 | 2 | 0  | 32 | 23 | 14 |
| Phoenix     | 10 | 6 | 2 | 2  | 31 | 28 | 14 |
| Vancouver   | 11 | 6 | 4 | 1  | 32 | 33 | 13 |
| Los Angeles | 10 | 6 | 4 | 0  | 26 | 25 | 12 |
| Calgary     | 9  | 4 | 3 | 2  | 28 | 32 | 10 |
| Edmonton    | 10 | 3 | 6 | 1  | 30 | 39 | 7  |

**Note:** Two points for a win, one point for overtime loss.

NY Rangers at Philadelphia, 7 p.m.

Anaheim at Montreal, 7:30 p.m.

Chicago at Tampa Bay, 7:30 p.m.

Carolina at Minnesota, 8 p.m.

Winnipeg at Nashville, 8 p.m.

Calgary at Dallas, 8:30 p.m.

Washington at Edmonton, 9:30 p.m.

Phoenix at Los Angeles, 10:30 p.m.

#### Friday's games

Toronto at Columbus, 7 p.m.

NY Islanders at Pittsburgh, 7 p.m.

Anaheim at Ottawa, 7:30 p.m.

Buffalo at Florida, 7:30 p.m.

Vancouver at St. Louis, 8 p.m.

Carolina at Colorado, 9 p.m.

## CFL

### WEEK 17

#### EAST DIVISION

|            | GP | W  | L  | T | PF  | PA  | Pt |
|------------|----|----|----|---|-----|-----|----|
| x-Toronto  | 16 | 10 | 6  | 0 | 451 | 414 | 20 |
| x-Hamilton | 16 | 8  | 8  | 0 | 389 | 437 | 16 |
| x-Montreal | 16 | 7  | 9  | 0 | 412 | 424 | 14 |
| Winnipeg   | 16 | 3  | 13 | 0 | 333 | 512 | 6  |

#### WEST DIVISION

|                | GP | W  | L  | T | PF  | PA  | Pt |
|----------------|----|----|----|---|-----|-----|----|
| x-Calgary      | 16 | 13 | 3  | 0 | 513 | 362 | 26 |
| x-Saskatchewan | 16 | 11 | 5  | 0 | 468 | 339 | 22 |
| x-B.C.         | 16 | 9  | 7  | 0 | 435 | 425 | 18 |
| Edmonton       | 16 | 3  | 13 | 0 | 362 | 450 | 6  |

#### Sunday's result

Montreal 36 Hamilton 5

**Thursday's game — All Times Eastern**

Winnipeg at Toronto, 7:30 p.m.

#### Friday's game

Edmonton at B.C., 10 p.m.

#### Saturday's games

Montreal at Hamilton, 1 p.m.

Saskatchewan at Calgary, 7 p.m.

## NFL

### WEEK 8

**Thursday's game — All times Eastern**

Carolina at Tampa Bay, 8:25 p.m.

#### Sunday's games

San Francisco at Jacksonville, 1 p.m.

Buffalo at New Orleans, 1 p.m.

Cleveland at Kansas City, 1 p.m.

Dallas at Detroit, 1 p.m.

Miami at New England, 1 p.m.

N.Y. Giants at Philadelphia, 1 p.m.

Pittsburgh at Oakland, 4:05 p.m.

N.Y. Jets at Cincinnati, 4:05 p.m.

Washington at Denver, 4:25 p.m.

Atlanta at Arizona, 4:25 p.m.

Green Bay at Minnesota, 8:30 p.m.

#### Monday's game

Seattle at St. Louis, 8:40 p.m.

## MLS

#### Wednesday's result

Salt Lake 2 Chivas USA 1

#### Saturday's games

Kansas City at Philadelphia, 3 p.m.

Montreal at Toronto, 4 p.m.

Dallas at San Jose, 5:30 p.m.

Portland at Chivas USA, 10:30 p.m.

#### Sunday's games

Houston at D.C., 1:30 p.m.

New England at Columbus, 4 p.m.

Chicago at New York, 5 p.m.

Colorado at Vancouver, 8 p.m.

Los Angeles at Seattle, 9 p.m.

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## Horoscopes

### Aries

March 21 - April 20

For best results today, you should be totally honest about your feelings — even when a backlash is likely. You may lose out in some way in the short-term but in the long-term your reputation will soar.

### Taurus

April 21 - May 21

A loved one can be hard to understand at times and today it may be impossible to work out what is going on in their head, never mind their heart! Don't worry, it will be OK.

### Gemini

May 22 - June 21

Make sure any changes you make over the next 24 hours are necessary. If you have any doubts at all you should keep things as they are, at least for the time being.

### Cancer

June 22 - July 23

Make a wish list and expect those wishes to start coming true over the next few days. Thoughts exist, they are real, and the more you think about what you desire, the more likely it is you will get it.

### Leo

July 24 - Aug. 23

You may not be the sort who is easily fooled but you should still be on your guard today. Someone you thought you could trust is playing games at your expense. Don't let their games leave you out of pocket.

### Virgo

Aug. 24 - Sept. 23

The planets warn you may be too lenient with someone. If you are, it is likely they will take it as a sign of weakness and take from you more. Don't let your heart rule your head.

### Libra

Sept. 24 - Oct. 23

Under no circumstances should you take risks with money. The Sun's move into the financial area of your chart means there is a lot to gain but more to lose.

### Scorpio

Oct. 24 - Nov. 22

If there is one thing you hate, it's not being sure what is true and what is false. But, there is no way of knowing today. The more thought you give the situation, the more of a dilemma it will be, so stop it.

### Sagittarius

Nov. 23 - Dec. 21

Some people just cannot take criticism and one such person will give you a hard time today because you pointed out where they're going wrong. They should not abuse you — they should thank you.

### Capricorn

Dec. 22 - Jan. 20

You seem to be in a forgiving mood, which is not like you at all. Others may be suspicious but, yes, it's true — you really do want to be nice to people. They may even be nice back.

### Aquarius

Jan. 21 - Feb. 19

You have never been the sort to care too much what others think and if you find yourself swimming against the tide of opinion today you will be quite happy about it. You enjoy being the odd one out?

### Pisces

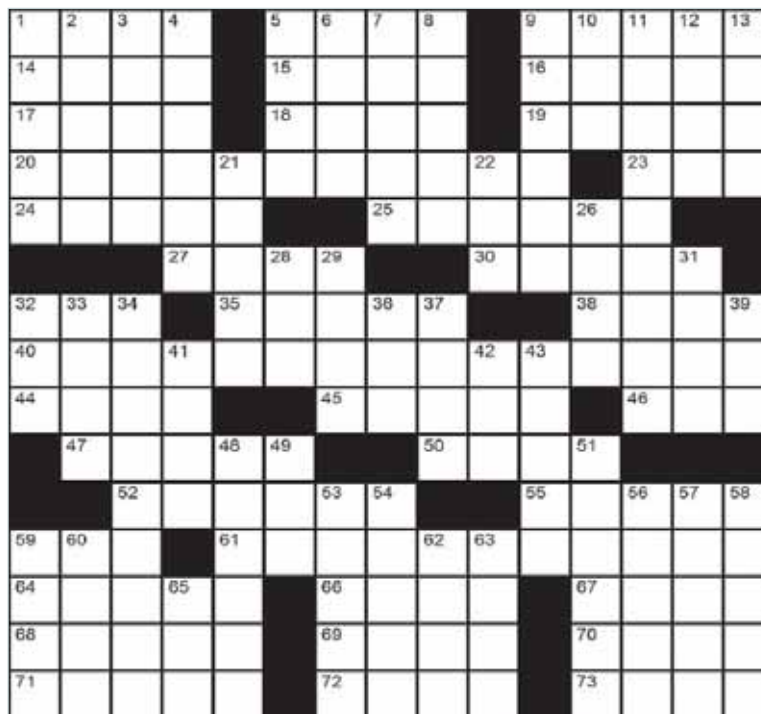
Feb. 20 - March 20

If certain people seem somewhat evasive, it's a sure sign that something underhand is going on. And, you have a fair idea what it is. Don't let them know their deceit has failed yet. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

1. Botanist Mr. Gray's
5. Weight unit
9. Rose \_\_\_ pink (Pretty colour)
14. 110-\_\_\_ appliance
15. Hawkeye State
16. Function or purpose
17. Ancient concert sites
18. Thickening gum
19. Works the Fall leaves
20. The Fall Classic: 2 wds.
23. 'Lion' suffix
24. Big tree along coastal British Columbia, \_\_\_ Spruce
25. "Whatcha Say" by Jason \_\_\_
27. City haze
30. Coral formations
32. Common lunchbox sandwich [acronym]
35. Dearly departed bios
38. In the distance
40. Located in Regina, the 'Depot' of the RCMP is its what?: 2 wds.
44. Wrestling of Japan
45. Vision
46. "\_\_\_ Haw"
47. Prometheus, for one
50. Words on a garage sale tag
52. "The Wiz" (1978)



- song: "\_\_\_ Down the Road"
55. Pairs
59. \_\_\_-relief
61. 1983 comedy flick featuring the SCTV characters at #11-Down: 2 wds.
64. Diminish
66. Stead

67. Trickery
68. AC/DC's "\_\_\_ Bells"
69. Racetrack shape
70. "Heat of the Moment" band
71. Mr. Baldwin's
72. Jodie Foster movie
73. 12 months

### Down

1. Pledges
2. "Me too.": 3 wds.
3. Warning signal
4. Celery segments
5. Jobs for musicians
6. Don Juan type
7. Trophy
8. Chocolate bar, Sweet \_\_\_

9. Act on
10. Conductor, \_\_\_ Pekka Salonen
11. "\_\_\_, \_\_\_!" - Bob and Doug McKenzie
12. Eras
13. Fewer
21. Matt of movies
22. Be off
26. Be up ahead

28. Kimono sash
29. Some bar drinks
31. Ditto
32. Tips, tiny-ly
33. Men's cologne brand
34. Pairs skating great who is a judge on "Battle of the Blades": 2 wds.
36. Restaurant chain, \_\_\_ Friday's
37. Canadian band of "Scratching the Surface"
39. Word with Whiskey
41. Bitty bit
42. Actor brother of Miley's ex Liam ...his initials-sharers
43. "There is \_\_\_ in the affairs of men." - Shakespeare
48. Evaluate
49. Web
51. Public transport mode
53. Synthetic yarn
54. Gullible
56. Originate from
57. Alberta village, 'Gateway to the Handhills'
58. Use profanities
59. "Who Let the Dogs Out" by \_\_\_ Men
60. Cain's sibling
62. Actress Patricia
63. Bird type
65. "Cake Boss" network

## Yesterday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



## Weather

### TODAY



MAX: 20°  
MIN: 2°

### FRIDAY



MAX: 14°  
MIN: 4°

### SATURDAY



MAX: 15°  
MIN: 2°

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